



Compounded Rectal Ointments

COMMON USES

These compounds are used for anal fissures or hemorrhoids. They work to decrease anal sphincter pressure and spasms. This heals and provides symptom relief. These compounds may also contain: topical numbing agents, agents to reduce swelling, and mucus membrane protectants.

HOW TO USE THE MEDICATION

Wash your hands and the rectal area with mild soap and water, and gently dry.

For external application: Apply the medication on and around the affected area.

For internal application: Screw on the included applicator to the tip of the tube, insert into anus and squeeze the tube while gently pulling out. Wash the applicator with unscented soap and water after.

These medications are typically used 2-4 times a day and after every bowel movement for several weeks until it has healed.

ADJUNCT THERAPIES AND NON-PHARMACEUTICAL STRATEGIES

Constipation is the primary cause of rectal damage, if not addressed it will cause ongoing damage and delay healing. Adding fiber either through your diet or via supplementation and staying hydrated is recommended. Avoid foods that you know cause constipation. Check with the pharmacist if any of your medications cause constipation and for product recommendation.

Having a set schedule for when to use the bathroom can help keep you regular. Do not sit on the toilet for prolonged periods of time (looking at your phone or waiting for the urge to use the washroom) as this can worsen the condition. Use the washroom as soon as you feel the urge to go. Increase your amount of exercise, or start exercising.

POSSIBLE ADVERSE AND SIDE EFFECTS

This medication is well tolerated with few side effects. You may experience stinging, itching or soreness, this usually resolves as the area heals.

Uncommonly it may decrease blood pressure, cause dizziness, flushing, and headache.

STORAGE REQUIREMENTS

Store at room temperature. Refer to the date indicated on your prescription for the BUD (Beyond Use Date).

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